

# HOW NATURAL THERAPIES improved my fertility

Neringa Kasaciuniene, a graduate of CNM (College of Naturopathic Medicine), tells her health story.



My husband and I had been trying to start a family for over 5 years. We felt under huge pressure and stress. I was working too hard and felt constantly fatigued. I was eating badly, and my weight was fluctuating wildly.

After undergoing lots of tests, doctors could find no reason in principle why I could not conceive. My GP told me that only IVF could help me conceive. I agreed to IVF, but when I was in hospital waiting for the first cycle, it felt wrong for me and I cancelled at the last moment and went home. I felt awful telling my husband that we might never have children because of this.

**"I specialise in weight loss and energy nutrition, helping others to overcome the same kind of problems that I experienced first-hand."**

I was in a health food shop buying special shampoo because my hair was very thin, when I started talking with a girl who was a student at CNM, the College of Naturopathic Medicine.

In hearing how nutrition could support my own health issues, I decided to enrol on CNM's Nutrition Diploma myself. I also used my college contacts to see a Nutritionist and Herbalist. I was asked to provide my full thyroid test results which the GP had said were low but in the acceptable normal range.

The Nutritionist included extra support for my thyroid in the detailed naturopathic plan I was given to address my particular nutritional needs. I also received herbs and lifestyle advice.

I longed for someone to tell me I could get pregnant, but I was made no promises about any outcome, just told to monitor what changes occurred over the coming months.

I ensured 100% compliance with all the recommendations and in a couple of months I noticed changes which included an end to my mood and digestive difficulties, and that my hair which had been very thin for years and had bald patches, was really thickening up. Within 6 months of starting my new naturopathic regime, I fell pregnant.

Despite being warned years before that my uterus lining was thin and it would not be easy for me to carry a baby to term, my pregnancy was great. My little girl was born during my time as a CNM student, and I dashed back and forth from college to feed her.

Being so busy, it would have been all too easy to give up studying at that point but I knew that the nutritional knowledge I was gaining made my efforts worthwhile.

The more I learnt about nutrition the more shocked I was at how much it can heal. Studying was one of the best decisions I ever made.

I met amazing people and amazing teachers and my life changed 100%.

**"I stuck to the recommendations 100% and in a couple of months I noticed changes which included an end to my mood and digestive difficulties."**

I graduated as a Nutritional Therapist in 2012 and I love everything about practicing and improving people's lives. I specialise in weight loss and energy nutrition, helping others to overcome the same kind of problems that I experienced first-hand.

As we now have two beautiful super-healthy daughters, it's fantastic being my own boss able to fit practising around looking after them.

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